

Heart Flow Courses

"The heart is the source of love and forgiveness, the great mediator between our personality and our spiritual self. The heart has the power and capacity to heal and to bring out the best in us and our fellow beings, and to transform ourselves and the world."

Ananda Tara Shan

See <http://www.heartflow.org/> for full description and program of Heart Flow Worldwide.

Mantras and Meditation

The course contains theory and foundational knowledge with an emphasis on the practise of meditation and its application to life. Given over 3 sessions it allows time to assimilate the learning and the regularity of meditation to create a closer alignment within your physical and spiritual bodies. Topics:

- Mantras
- Violet fire decrees
- Attunement
- Meditation
- the Heart
- Lord Maitreya
- Lady Yasodhara

Course Presented by:

Shelley McCauley - Meditation Facilitator & A Heart Flow Associate:

Shelley has been a member of The Theosophical Fellowship since 1989 and has been trained through the Heart Flow system. Since 2001 she has facilitated weekly/monthly group meditations, theosophical festivals and Earth Healing Services in Christchurch.



Cost: \$40 total (includes full notes)
In accordance with the principles of Heart Flow no fee is charged for tuition. Course facilitators offer tuition in an honorary capacity. Please bring along lunch

Optional: CDs, literature to purchase
Location: Avice Hill Community Centre
395 Memorial Ave, Christchurch

Booking required:
021 549519 or 033266960 or email
Shelley@backinhealth.co.nz



Mantras & Meditation Course

Sunday 09 May 10-2pm
Sunday 13 Jun 10-2pm
Sunday 04 Jul 10-2pm

Course and teachings are based upon Theosophy (Divine Wisdom) and Heart Flow Worldwide, offering a diverse understanding of spiritual principles as they apply in our daily lives.

www.heartflow.org

Further Heart Flow courses are available and designed to build upon knowledge and experience over time, offering a foundation of knowledge following on from one course to the next.